



Cacti warriors conduct air assault at Bellows

Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

A Black Hawk, transporting Cacti Soldiers of the 2-35th Inf. Regt., 3rd BCT, 25th ID, flies over Kaneohe Bay in the early morning, Dec. 2. The Soldiers flew to Marine Corps Training Area Bellows to conduct air assault operations.

SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs
25th Infantry Division

MARINE CORPS TRAINING AREA BELLOW
— Instead of deploying to the Pohakuloa Training Area on the Big Island for a battalion-sized exercise, “Cacti” Soldiers of the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, conducted a two-day battalion air assault exercise, here, Dec. 2.

“It is rare for our battalion to be able to exercise at this level of training without having to go to a CTC (Combat Training Center) rotation,” said Chris Newman, plans officer, 2-35th Inf. Regt., 3rd BCT.

To begin the exercise, leaders from 2-35th Inf. Regt., and 2-25th Aviation Regt., 25th Combat Avn. Bde., conducted planning in a condensed 48-hour window.

According to Newman, the timing and synchronization of the aerial and ground pieces were critical to the success of the mission. The condensed timeline forced the planning to move from one step to the next quickly, forcing everyone to stay abreast of the fast-paced mission.

“Working in synchronization with our aviators to ensure we meet the commander’s intent is the kind of teamwork that is key to successful planning,” Newman said.

During the course of the operation, orders were sent to each of the companies. The company staff then had to conduct its own mission analysis and planning.

Some of the tasks the commanders had to prepare for were reacting to contact, clearing buildings and sensitive sight exploitation.

Once on the ground at Bellows, the Cacti Soldiers headed toward their objective: a large urban area with several multistory buildings.

“This was an extremely fruitful training event

that provided the Soldiers with a plethora of skills needed to increase their proficiency,” Newman said. “This exercise definitely increased our abilities as warfighters.”

According to one of the squad leaders, the Soldiers were able to make the most out of the training exercise.



Cacti Soldiers form a defensive perimeter after dismounting their helicopter, Dec. 2, during a battalion-sized air assault operation. Normally, an exercise of this scale would be conducted at PTA on the Big Island.

“Training is all about getting back to the basics. Even the basic fundamentals can sometimes get fuzzy, so anytime we get a couple days, back to back, to hone our skills is good training,” said Staff Sgt. Christopher Castro, squad leader, Co. A, 2-35th.

At the end of the day, when the mission was complete, the plans officer summarized the training.

“Overall, the units did great, and when you plan an operation over a 48-hour period, and are successful at the end of the day, it is just really satisfying,” Newman said.



Sgt. 1st Class William Henderson, platoon sergeant, 1st Plt., Co. B, 2-35th Inf. Regt., gets a bird's-eye view of Wheeler Army Airfield, Dec. 2. Henderson flew from WAAF to Marine Corps Training Area Bellows to conduct air assault operations.

Army’s actions on Dec. 7, 1941, commemorated at DeRussy

STAFF SGT. TRAMEL GARRETT

25th Infantry Division Public Affairs

FORT DERUSSY — “No matter how long it may take us to overcome this premeditated invasion, the American people will, through their righteous might, win through to absolute victory,” said President Franklin D. Roosevelt.

With these now-famous words, Roosevelt ensured victory to the American people and motivated Soldiers to find the strength to overcome adversity after the attack on Oahu, Dec. 7, 1941.

On Monday, the 74th anniversary of that deadly and deliberate attack, the 25th Infantry Division hosted “The Army’s Actions on December 7th, 1941 Commemoration” as veterans were honored for their courage and sacrifice during the attack.

The guest speaker was 25th ID commander Maj. Gen. Charles Flynn.

“This is a day and a time for a simple ceremony to commemorate the bravery, the sacrifices and the courage of our Army and our Army Air Corps veterans and heroes,” Flynn said.

The ceremony was referred to as a “Flying V,” due to its unique formation with the colors as a dignified reminder of U.S. Army history.

“This also represents to the public our special duty in the military to protect the nation in times of both crisis and war, and to honor our fallen and living for the sacrifices they make in the name of freedom,” Flynn said.

To help commemorate the event, World War II veterans and senior leaders paid their respects by laying a wreath to honor the service mem-



Photo by Staff Sgt. Tramel Garrett

Veterans observe a moment of silence during the commemoration of the 1941 attack.

bers who made the ultimate sacrifice during the attack.

During the ceremony, Flynn mentioned the heroic actions of numerous service members who made a difference during the attack.

“Men like Army pilot Capt. Phil Rasmussen, who leapt from his barracks rooms, jumped in a P-36 fighter aircraft still wearing what he’d worn to bed, in order to rally his comrades and begin to fight back against the attacking Japanese forces,” said Flynn.

He also cited Tech Sgt. Jack Spangler, who rested a 50-caliber machine gun on a balcony and began returning fire to the attacking planes. In addition, he cited the actions of surgical hero 1st Lt. Robert Hardaway who performed more than 48 hours of surgery before taking a break.

“While the attacks on that day exacted a terrible toll on the Soldiers, Sailors and Marines who faced the onslaught of Japanese fighters and bombers, it was the beginning of a period that showed the tremendous resiliency and pride of the Army in the Pacific and the nation as a whole,” Flynn said.



Refer to p. A-5 for more ceremony coverage.

Photo by Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

World War II veterans and senior U.S. Army-Hawaii leaders pay their respects at Fort DeRussy, Monday, by laying a wreath in honor of the service members who made the ultimate sacrifice, Dec. 7, 1941.



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Police Call

DES asks for help enforcing POV registration

COL. DUANE R. MILLER

Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Individuals who accept the privilege of operating a personally owned vehicle, or POV, on military installations must have a valid license to operate motor vehicles – with no suspensions or revocations.

Proof of vehicle ownership and state registration is also required. Additionally, individuals must have a valid record of motor vehicle safety inspection and proof of valid insurance.

Military Police will issue tickets for violations of the above requirements, and your vehicle may be subject to towing. Repeat offenders may face suspension of installation driving privileges.



Miller

While the maintenance of driving privileges is largely an individual responsibility, the Directorate of Emergency Services asks commanders for assistance in ensuring that their Soldiers and family members comply with the above requirements.

The Army Safety Program requires commanders to conduct unit level POV inspections once every six months. For Soldiers with motorcycles, inspections should include verification of motorcycle training, licensing and personal protective equipment.

DES encourages commanders to conduct unit POV inspections more often than required, such as a POV inspection before every holiday weekend and block

leave period to ensure continued compliance.

DES also reminds commanders that a number of administrative actions are available for dealing with Soldiers who fail to maintain their vehicle requirements.

Unit commanders can also limit driving privileges for Soldiers within their respective unit footprint. When a commander identifies a deficiency, he can order the Soldier to resolve it. For example, if a Soldier has an expired safety inspection, he may be ordered to take his vehicle to the nearest safety inspection station and renew his inspection. If the Soldier fails to comply with the commander's order, he could be charged with violating Article 92, Uniform Code of Military Justice, Failure to Obey Order or Regulation, and/or be subject to administrative action.

Commanders can issue similar orders for expired or no registration, as well as expired or no insurance.

POLICE BEAT ROLL-UP

The following incidents occurred Nov. 23-Dec. 3

Aliamanu Military Reservation

- 1 - Assault
- 1 - Domestic without assault
- 3 - Larceny of private property

Fort Shafter

- 1 - Aggravated assault
- 1 - Duty upon striking
- 2 - Larceny of private property
- 1 - Traffic accident

Hawaii Armed Services Police (HASP)

- 1 - Abuse of a family or household member

- 1 - Assault 3rd degree
- 1 - Excessive speeding
- 1 - Larceny of private property
- 1 - Operating a vehicle under the influence of an intoxicant

Schofield Barracks

- 2 - Assault
- 1 - Absent without leave
- 1 - Damage to private property
- 1 - Disorderly conduct
- 3 - Domestic without assault
- 3 - Duty upon striking
- 1 - Family abuse

- 5 - Larceny of private property
- 1 - Larceny of government property
- 3 - Larceny of government funds
- 1 - No driver's license
- 1 - Promoting a detrimental drug 1st degree
- 1 - Prostitution
- 1 - Shoplifting
- 1 - Simple possession of marijuana
- 1 - Unlawful entry (dwelling)

Tripler Army Medical Center

- 1 - Absent without leave
- 1 - Inattention to driving

Online misconduct hurts Soldiers, Army

Second of two parts takes a look at comments made

DAVID VERGUN
Army News Service

FORT LEAVENWORTH, Kansas — Soldiers have frustrations and strong opinions on a variety of topics, but Sgt. 1st Class Turon Logan, a team leader at the Army Medical Department Noncommissioned Officers Academy on Joint Base San Antonio, Texas, said they should step back and think it over before publishing those remarks.

The nation's enemies have become savvy social media users, Turon explained. Remarks said online can be used by them against the U.S., and that gets into the area of operational security. He added more Army G-6 involvement on the topic would be beneficial.

Sgt. 1st Class Benjamin Coburn, Company B, Womack Army Medical Center on Fort Bragg, N.C., said it would be helpful if the Army clarifies its online misconduct policy. Army Regulation 600-20 lightly touches on the topic. Under the topic of hazing, it states, "It need not be committed in the physical presence of the victim; it may be accomplished through written or phone messages, text messages, email, social media, or any other virtual or electronic medium." Coburn said revisions that will come out next year will hopefully address the topic more fully in depth with definitions, potential adverse effects,

reporting processes and penalties.

Sgt. Maj. of the Army Daniel A. Dailey said some Soldiers think they wield a "Spartan shield" when they log online after hours, meaning that they believe they can say whatever they like on their own time.

"There's no such thing as misconduct off or on duty. It's all misconduct," Dailey said.

As far as being the target of criticism and snarky comments, Dailey said "more people write bad things about me online than probably anyone else."

Having said that, Dailey added, he doesn't want Soldiers to stop having fun and he doesn't want to go overboard in invading their space.

Realistic training

Besides online misconduct, a number of other topics were addressed during the solarium. Among them were training and education.

Sgt. 1st Class Jason Hull, 20th Chemical, Biological, Radiological, Nuclear, Explosives Command, Aberdeen Proving Ground, Md., said training should be "realistic and relevant."

Much of it is not, he said. NCOs need better guidance in how to train, the right people need to be selected as trainers and an extra week needs to be added to the NCO education system, he suggested.

Hull provided an example of realistic and relevant training he once had when he was with an explosive ordnance disposal unit. Instead of scripted training, the

NCOs received the responsibility for developing their own training plan for finding and clearing a chemical weapons cache at a location never before seen, working with an infantry platoon they'd never operated with.

Planning and executing the mission required a lot of higher order critical thinking and combined a lot of skills and tasks that are normally taught in isolation, Hull said. The training crossed all lanes.

Another suggestion he had was a training stand-down two days a month, where small-unit NCO leaders spend quality training time with their troops, developing their own training plan. Hull said this type of training was conducted in a unit he was with overseas, but he hasn't seen it done stateside.

Dailey said he agreed with much of Hull's input, but some mandatory training is required by law. He doubts it will ever go away and it's a commander's responsibility to prioritize the type of training Soldiers engage in.

Dailey noted that as weaponry and tactics became more sophisticated and as junior Soldiers took on increasing responsibility, starting especially during World War II, NCO education evolved and more emphasis was placed on decentralized decision-making.

Also, emphasis increased on critical thinking skills as opposed to repetitive tasks – although a certain amount of repetitive training is still necessary, he said.

Training will be more realistic, relevant and rigorous, as well as making it more difficult to pass a course by doing the bare minimum, he added.

FIST STEPS in FAITH

PARC's namesake provides perfect warrior

CHAPLAIN (CAPT.) JOHN AASMAN
Division Artillery
25th Infantry Division

Before you joined the Army, you might have dreamed of becoming Captain America or some Soldier of movie star stature ... and then the grim reality of day-to-day training and working with other people stole your dreams, plans and desire to fulfill your warrior calling.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."
— Colossians 3:23

I'd like to propose you take some time this month to renew your passion for your warrior vocation.

Here's a Captain America story about one American Soldier versus the North Korean army

The first Hawaiian to receive the Medal of Honor became a legend on Sept. 17, 1951, at "Heartbreak Ridge." Pfc. Herbert K. Pilila'au was from Waianae, on the west side of Oahu, and graduated from Waipahu High School. He was drafted during the Korean War at 22 years old.

Because of his religious beliefs, he considered be-



Pililaau

coming a conscientious objector, but he decided against this, reported for duty and made himself the most physically strong member of his company.

A few months after joining the Army, he was sent to Korea. Those who knew him said this 6-foot tall Capt. America humbly kept to himself, played the ukulele and read his Bible.

At the Battle of Heartbreak Ridge, Pilila'au's platoon came under attack by two battalions of North Korean infantry with supporting artillery fire. They were ordered to withdraw, and Pilila'au volunteered to cover his squad's withdrawal. He fired his automatic weapon and threw his grenades until he ran out, and then he threw rocks.

Then, Pilila'au ran toward the enemy, stabbing with his trench knife in his right hand and hitting with his left fist until he was shot and bayoneted. When U.S. forces retook the position, they found more than 40 enemy dead in the area Pilila'au had valiantly defended.

I love how this Soldier, from the start, committed

himself to becoming better. He had reservations about joining the Army, but once he was drafted, he pursued becoming a better warrior – physically, spiritually and tactically. He volunteered for difficult and dangerous assignments. He learned tactical skills like hand-to-hand combat, which he used to devastating effect on the enemy.

He never gave up!

When you raised your right hand to swear to defend the Constitution, you committed yourself to becoming a better warrior. Consider how you might use this holiday season to pursue physical, spiritual or tactical growth. Maybe military stories inspire you, or maybe the beauty of nature moves you to push your personal growth boundaries. Pursue whatever draws you out of complacency.

As a child, Pilila'au played on the sandy shores of Pokai Bay. The Pilila'au Army Recreation Center (PARC) in Waianae is named in his honor. Here, the power of legendary story and natural beauty join together.

You might see my family there this month. Gather a group of friends, and visit PARC for a day or a whole weekend. Use this beautiful surfing and swimming beach to dream and plan.

Voices of Ohana

In recognition of Write a Friend Month,
“Will you reach out to new and old friends?”
By 8th Military Police Brigade, 8th Theater Sustainment Command



"I'd use Facebook or text them on my phone."

Pfc. Francisco Amarante, Human Resource Specialist, HHD, 303rd Ordnance Bn. (EOD), 8th MP Bde.



"I'd send a letter because it's the best way to express yourself."

Pfc. Robert Constable, Military Police Officer, 58th MP Co., 728th MP Bn., 8th MP Bde.



"I send post cards."

Spc. Lydia Johnson, CBRN Specialist, 552nd MP Co., 728th MP Bn., 8th MP Bde.



"I will take the time to write a letter because in today's society people are too distracted. A letter takes effort to write and time to read."

Sgt. Michael Toledo, Command Driver, HHC, 8th MP Bde.



"I will send a text message."

Spc. Benjamin Tracy, Military Police Officer, 58th MP Co., 728th MP Bn., 8th MP Bde.

Women to be fully integrated into all Army MOSs

WASHINGTON — On Dec. 3, the Secretary of Defense directed the full integration of women in the armed forces following a 30-day review period required by Congress.

The purpose of allowing all Soldiers, regardless of gender, to serve in any military occupational specialty for which they are qualified, is to increase our military effectiveness.

The Army will provide our final, detailed implementation plan to the SECDEF no later than Jan. 1.

Subject to his approval, we will begin implementing our integration plan to open all MOSs, career fields and branches for accession by women as soon as practicable following Jan. 2, 2016, but not later than April 1.

Our best qualified, regardless of gender, will now be afforded the opportunity to serve in any MOS.

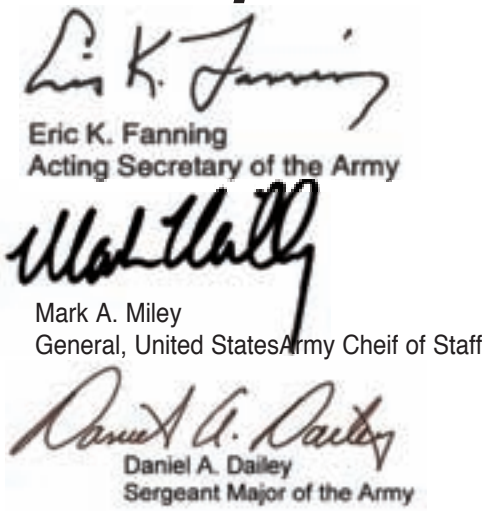
Our detailed and deliberate implementation plan will maintain the readiness of our force and ensure we remain a standards-based Army.

This methodical plan will establish and enforce MOS-specific and gender-neutral standards based on the rigors of ground combat. Done properly, the integration of women into all MOSs will improve combat readiness and make our Army better. Readiness is our top priority.

Our Army exists to fight and win the nation’s wars. An incremental and phased approach by leaders and Soldiers who understand and enforce gender-neutral standards will ensure successful integration of women across the breadth and depth of our formations.

We are honored to serve with all of you who have taken an oath to support and defend our Constitution and demonstrate the values that make our nation great.

Army Strong!



Carter opens all military occupations, positions

CHERYL PELLERIN
Army News Service

WASHINGTON — Defense Secretary Ash Carter has announced that beginning in January 2016, all military occupations and positions will be open to women, without exception.

For the first time in U.S. military history, as long as they qualify and meet specific standards, the secretary said women will be able to contribute to the Defense Department mission with no barriers at all in their way.

“They’ll be allowed to drive tanks, fire mortars and lead infantry Soldiers into combat,” Carter said. “They’ll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers, and everything else that was previously open only to men.”

Harnessing women’s skills, perspectives

Even more importantly, he said, the military services will be better able to harness the skills and perspectives that talented women have to offer.

Though more than 111,000 positions had opened to women in uniform since 2013 until the announcement, Carter said, about 10 percent of military positions – nearly 220,000 – had remained closed to women. These included infantry, armor, reconnaissance and some special operations units, the secretary said.

Over the past three years, he added, senior civilian and military leaders across the Army, Navy, Air Force, Marine Corps and Special Operations Command (SOCOM) have studied the integration of women into these positions.

“Last month, I received their recommendations (and) the data, studies and surveys on which they were based regarding whether any of those remaining positions warrant a continued exemption from being opened to women,” Carter said, noting that the Army, Navy, Air Force and SOCOM said none of the positions warranted exemptions.

The Marine Corps asked for a partial exemption in areas that included infantry, machine gunner, fire support reconnaissance and others, he added, “(but) we are a joint force, and I have decided to make a decision which applies to the entire force.”

Chairman of the Joint Chiefs of Staff Marine Corps Gen. Joseph F. Dunford Jr. was the Marine Corps commandant at the time, and Carter said that he and Dunford had discussed the issue many times.

“I just met with him and the other chiefs and service secretaries (Dec.3), and he will be a full part of implementation,” Carter added, noting that he believes the issues raised by the Marine Corps can and will be addressed in implementation.

Departmental memorandum

In a memorandum to the secretaries of all military departments and others, Carter directed the military services to open all military occupational specialties to women 30 days from Dec. 3 — a waiting period required by law — and by that date to provide updated implementation plans for integrating women into the positions now open to them.

Carter said Deputy Defense Secretary Bob Work and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul Selva will oversee the decision’s short-term implementation, ensure there are no unintended consequences to the joint force, and periodically update he and Dunford.

Women will be fully integrated into combat roles deliberately and methodically, the secretary said, using seven guidelines.

Integrating Women in all Military Jobs

Implementation won’t happen overnight, Carter said.

“Fully integrating women into all military positions will make the U.S. armed forces better and stronger, but there will be problems to fix and challenges to overcome,” he said. “We shouldn’t diminish that.”

The military has long prided itself on being a meritocracy, where those who serve are judged only on what they have to offer to help defend the country, Carter said.

“That’s why we have the finest fighting force the world has ever known,” he added, “and it’s one other way we will strive to ensure that the force of the future remains so, long into the future.”



Photo by Air Force Senior Master Sgt. Adrian Cadiz

Defense Secretary Ash Carter announces his Women in Service Review during a press brief at the Pentagon, Dec. 3.



Command Sgt. Maj. Yolanda M. Tate delivers her message of welcome and appreciation for the opportunity to serve as the new USACE-POD senior enlisted adviser. Tate assumed duties at a change of responsibility ceremony on Fort Shafter's Palm Circle, Friday.

Tate is new USACE CSM

Story and photo by
TERI KOJIMA
U.S. Army Corps of Engineers-
Pacific Ocean Division
Public Affairs

FORT SHAFTER — The U.S. Army Corps of Engineers-Pacific Ocean Division welcomed a new senior enlisted leader to its ranks, Friday, here.

Command Sgt. Maj. Yolanda M. Tate assumed duties from Command Sgt. Maj. Federico E. Boyce with the traditional passing of the colors, symbolizing the change of responsibility.

Tate, who began her military career in 1989 as a reservist, has served in numerous leadership positions, most recently as senior enlisted leader for U.S. Army Garrison-Fort Bragg, N.C. This is the first time that Tate, a topographic (geospatial) engineer, will be serving in the USACE, and in the Pacific region.

“This is more than a great opportunity for myself,” Tate said, addressing Brig. Gen. Jeffrey L. Milhorn, commander, USACE-POD. “Your trust and confidence in me has also opened doors and provides hope and future opportunities for female engineer Soldiers as well as geospatial engineers to serve at the nominative level.”

Milhorn welcomed Tate and expressed his confidence in her ability to take on her new responsibilities in a growing region.

“Your area has just expanded to include two other divisions of engineers,” said Milhorn. “Amazing. You haven’t been here but a few days, and your territory has already grown by nearly 30 percent. Congratulations!”

Milhorn had high praise and appreciation

for Boyce, who served the division for nearly two years, and who has the distinction of being the first command sergeant major of the POD, noting Boyce essentially defined the roles and responsibilities for this organization, largely serving as an educator for so many outside the USACE and an advocate for a workforce comprised of the joint services.

“You’ve been an advocate for them, as well as for all the Department of Army civilian experts and professionals that we have within our organization,” Milhorn said.

Boyce built relationships, which formerly did not exist and educated others about the Corps’ capabilities throughout the vast U.S. Pacific Command area of responsibility, which covers over half of the earth’s surface, and beyond, said Milhorn.

“(Boyce) continue to educate everyone on what the capabilities of the Corps brings to bear, which are oftentimes a softer capability to allow access for mil-to-mil engagements throughout the region,” Milhorn said. “We’re doing that everywhere, from Southeast Asia, Cambodia, Vietnam, Laos, Bangladesh, Nepal, Mongolia ... and a lot of these relationships, multinational relationships, are also shored up with (Boyce’s) efforts.”

Boyce said he was proud to have served with professionals committed to supporting the joint force and homeland, and enabling alliances and partnerships with trusted engineering. In a passionate delivery, he said life is about making memories, and spoke about his career highlights and personal goals in life.

Boyce leaves the Army after more than 31 years. For exceptionally meritorious service, he received the Distinguished Service Medal.

Online posts lead to crime

MARY MARKOS
Army News Service

CID Lookout is a U.S. Army Criminal Investigation Command initiative to partner with the Army community by providing a conduit for members of the Army family to help prevent, reduce and report felony-level crime.

As Soldiers and their families prepare for the holiday season, the U.S. Army Criminal Investigation Command, commonly referred to as CID, warns that posting travel plans on social media sites makes your home vulnerable to burglary.

While Soldiers should always be vigilant in their postings to avoid releasing sensitive information, revealing personal holiday travel information puts Soldiers, their families and their homes at risk.

“Social media is a powerful and frequently used tool for Soldiers, their families and friends to stay connected, especially during the holiday season,” said Daniel Andrews, director of the CID’s Computer Crime Investigative Unit. “Unfortunately, criminals use the same social media sites to conduct surveillance and identify potential targets.”

In fact, Andrews said, posting vacation plans is like announcing to criminals that your residence will be unoccupied for an extended period.

“We recommend that personnel avoid publicizing the details of holiday plans and travel arrangements, whether upcoming or in progress,” Andrews said. “Wait until the vacation is over to comment on it and share photos, but still be cautious about what information you make publicly available.”

Additionally, personnel are advised to take basic home security measures before leaving their house.

The FBI’s “2014 Crime in the United States” reports an estimated 1,729,806 burglaries in the U.S., with burglaries of residential properties accounting for 73.2 percent. The average dollar loss for each burglary incident was \$2,251.

Basic home security measures, such as locking all doors and windows, not leaving spare keys outside, using variable light timers, keeping valuables out of sight and having a friend retrieve mail and newspapers are the first line of defense against burglary.

The use of a home security or video system is a further deterrent for criminals.

Criminals are always on the lookout for opportunities to exploit.

“Whether driving through neighborhood streets or surfing social media sites, the criminal’s goal is to identify ‘soft targets’ that are lucrative

and present the least chance of being caught,” Andrews said. “This underscores the very real connection between the physical and virtual worlds.”

(Editor’s note: Markos works at U.S. Army Criminal Investigation Command Public Affairs.)

What to Do

CID officials encourage Army personnel to take the following steps to reduce their risk of being targeted by crooks in the virtual world:

- Update your privacy setting** on social media sites before leaving for vacation.
- Do not “check in”** to airports or your holiday destination on social media sites. Remember, sites, such as Facebook, use the GPS built into a phone to allow users to “check in” to businesses and locations across the country. This information tells would-be burglars that the home is likely to be vacant until the user announces his arrival at the airport for his return flight.
- Do not post in “real-time.”** Posting information about your location while you are there is equivalent to telling a would-be burglar that you are not home. To minimize the risk of burglary while you are away, post information after you return home for the holidays.
- Remove GPS data from pictures.** GPS data, to include location coordinates, is automatically attached to photos taken from both smart phones and many digital cameras. When posted in real-time, the GPS coordinates give a would-be burglar your exact location, which makes your home vulnerable if you are not there.
- Do not geotag posts or tweets.** Much like the Facebook “check in” feature, geotagging or adding your exact GPS coordinates to a Tweet or post tells would-be burglars exactly how close you are to your home.
- Monitor what family members post.** A would-be burglar only needs one member of the family to announce that the family has left for vacation to know the house might be empty. Speak to all members of the family, especially teens, about what they are posting online.

Additionally, personnel should review CID’s Computer Crime Investigative Unit’s crime prevention and online safety flyers for more ways to avoid being victimized. Visit www.cid.army.mil/cciu2can.html.

DOD advises do’s and don’ts for military & Federal employees

CPL. UNIQUE B. ROBERTS
Defense Video & Imagery Distribution Service

As the time draws near for U.S. citizens to cast their vote for the next President of the United States, politicians have begun ramping up their campaign efforts.

With this in mind, it is imperative for military members and federal employees alike to know the do’s and don’ts for participating, advocating or supporting a political party, partisan candidate or partisan political group.

The Department of Defense encourages service members to continue carrying out the obligations of citizenry by continuing to participate in permitted political activities, like voting and making personal monetary donations.

However, the Hatch Act, enforced by the U. S. Office of Special Counsel, provides guidance that restricts federal employees from participating in or advocating for political parties while in official uniform, on duty or in a federal building. The act also informs federal employees that during times of liberty or while not in a duty status, there are restrictions to publicly supporting politicians.

Politicians today rely heavily on social media, political rallies and television networking to advertise their policies and theories, and inform American citizens of their campaign plan.

With more than 1 billion people actively using social media, including service members from different branches of the military, social media has become one of the prime

mediums for spreading political information and propaganda.

Government-endorsed social media pages are directed toward sharing information about the agency’s official business and mission and must remain politically neutral.

While the debates can be compelling, military members are restricted from posting or liking campaign material or the website of a political party, partisan candidate or partisan political group. Furthermore, the act restricts members from sharing or re-sharing Facebook pages or any post on those pages.

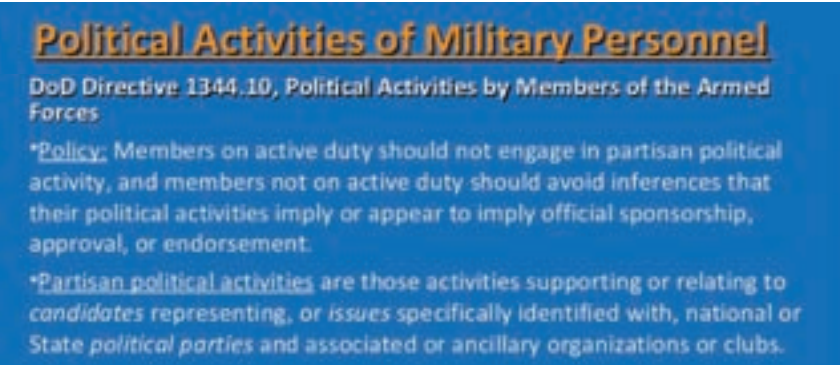
Federal employees are prohibited from engaging in political activities while in an official capacity. This includes distributing, soliciting, receiving or accepting political contributions.

As debates climax and the time to vote draws near, becoming knowledgeable about the do’s and don’ts of posting becomes vital.

(Editor’s note: Roberts works at Marine Corps Air Station Cherry Point, North Carolina.)

More Online

More detailed information and additional references can be found at www.dod.mil/dodgc/defense_ethics/resource_library/deskbook/political_activities.pdf.



FBI reminds shoppers to be aware of cyber scams

FEDERAL BUREAU OF INVESTIGATION
News Release

The FBI reminds shoppers at the start of this holiday shopping season to beware of cyber criminals.

Scammers use many techniques to defraud consumers by offering too-good-to-be-true deals via phishing emails advertising brand name merchandise, quick moneymaking offers or gift cards as an incentive to purchase a product.

Remember, if the deal looks too good to be true, it probably is. Never provide your personal information to an unknown party or website.

Scammers often use email to advertise hot-ticket items of the year that may become hard to find during the holidays to lure unsuspecting consumers to click on links. Steer clear of untrust-

ed sites or ads offering items at unrealistic discounts. You may end up paying for an item, giving away personal information and credit card details, and then receive nothing in return, along with your identity compromised.

These sites may also be offering products at a great price, but the products being sold are not the same as the products they advertise. This is known as the bait and switch scam.

Beware of posts on social media sites that appear to offer vouchers or gift cards, especially sites offering deals too good to be true, such as a free \$500 gift card. Some may pose as holiday promotions or contests. It may even appear one of your friends shared the link with you. If so, it is likely your friend was duped by the scam after it was sent to him by one of their friends.

- tures in attached files, as the files may contain viruses. Only open attachments from known senders. Scan the attachments for viruses, if possible.
- Avoid filling out forms contained in email messages that ask for personal information.
 - Always compare the link in the email to the link you are actually directed to and determine if they actually match and lead you to a legitimate site.

Oftentimes, these scams lead to online surveys designed to steal personal information. Remember, if the deal looks too good to be true, it probably is. And never provide your personal information to an untrusted website.

When purchasing gift cards online, be leery of auction sites selling discounted or bulk offers of gift cards. When purchasing gift cards in the store, examine the protective scratch-off area to see if it has been tampered with.

Be on the lookout for mobile applications designed to steal your personal information from your smartphone. Such apps are often disguised as games and are often offered for free. Research the company selling or giving away the app and look online for third party reviews before installing an app from an unknown source.

- Log on directly to the official website for the business identified in the email, instead of “linking” to it from an unsolicited email. If the email appears to be from your bank, credit card issuer or other company you deal with frequently, your statements or official correspondence from the business will provide the proper contact information.
- If you are requested to act quickly or there is an emergency, it may be a scam. Fraudsters

Tickets to theaters, concerts and sporting events are always popular gifts during the holidays. If you purchase or receive tickets as a gift, do not post pictures of the tickets to social media sites. Protect the barcodes on tickets as you would your credit card number. Fraudsters will create a ticket using the barcode obtained from searching around social media sites and resell the ticket.

If you are in need of extra cash at this time of year, beware of sites and posts offering work you can do from the comfort of your own home. Often, work from home opportunities rely on convenience as a selling point for applicants with an unscrupulous motivation behind the posting. You should carefully research the job posting and individuals or company contacting you for employment.

FBI Cyber Tips

- Here are some additional tips you can use to avoid becoming a victim of cyber fraud.
- Check your credit card statement routinely.
 - Protect your credit card numbers from “wandering eyes.”
 - Do not respond to unsolicited (spam) email.
 - Do not click on links contained within an unsolicited email.
 - Be cautious of email claiming to contain pic-

- create a sense of urgency to get you to act quickly.
- Verify any requests for personal information from any business or financial institution by contacting them using the main contact information on their official website.

As a consumer, if you feel you are a victim of an Internet-related crime, you may file a complaint with the FBI’s Internet Crime Complaint Center at www.IC3.gov.



25th CAB crew chief helps motorist from burning car

1ST LT. SAMANTHA JEWELL
25th Combat Aviation Brigade
25th Infantry Division

HONOLULU — A Tropic Lightning Soldier from Company B, 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, was recently recognized by the Honolulu Fire Department.

Spc. Juan Sepulveda was commended by the HFD after witnessing an accident and assisting a victim from a burning car on Aug. 21.

“I was driving home on Kunia Road when I saw a car swerving behind me, so I let the car pass,” said Spc. Juan Sepulveda, crew chief. “I saw sparks from the car that had just passed me

and realized he hit an electrical pole. I pulled over to help, and my wife called 911 just as the car was starting to catch on fire.”

Upon walking to the vehicle, he immediately noticed that the occupant was unconscious and proceeded to attempt to open the door or window.

The occupant came to and was able to get out of the burning vehicle before it became completely engulfed in flames.

“We are very proud of Spc. Sepulveda,” said Capt. Carlos Martinez, commander, Bravo Co. “He displays courage and selfless service every day and was recognized for his brave and tremendous efforts.”



Courtesy photo

Spc. Juan Sepulveda, 3-25th Avn. Regt., receives a certificate of commendation from the Honolulu Fire Department for assisting a victim from a burning car, Aug. 21.

REMEMBERING THE FALLEN



U.S. Navy photo by Mass Communication Specialist 2nd Class Tamara Vaughn

JOINT BASE PEARL HARBOR-HICKAM — Nelson Mitchell, the oldest living African-American Pearl Harbor survivor, reflects in the shrine room of the USS Arizona Memorial during a Pearl Harbor Survivor/ World War II, Family and Friends Harbor Tour, here, Dec. 5. Mitchell was aboard the destroyer USS Jarvis on Dec. 7, 1941, and was reassigned before the Jarvis was sunk with all hands.

Final USS Oklahoma fallen heroes are brought home

AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity-Hawaii News Bureau

HONOLULU — Members of the Defense POW/MIA Accounting Agency (DPAA) worked alongside caretakers of the National Memorial Cemetery of the Pacific (NMCP) to disinter the last of the 388 unknown service members associated with the USS Oklahoma.

On Dec. 7, 1941, Japan attacked Pearl Harbor, destroying nearly 20 naval vessels, 200 aircraft and killing more than 2,000 U.S. service members.

Amongst the destruction was the USS Oklahoma, which was struck by torpedoes with a crew of more than 400 still aboard.

Nearly 74 years later, the possibility of giving a name to the 388 unidentified heroes of the historical battleship is closer to becoming a reality.

Caretakers from the NMCP helped exhume the final four caskets and honor guard members of the DPAA performed a dignified transfer during the ceremony.

“We’ve been working for multiple years with the Defense POW/MIA Accounting Agency,” said James Horton, director of the NMCP. “A decision

was made partly from push from the families to get some final resolve, and we got special permission to do those disinterments for the agency, as opposed to having them contract out.”

Horton said that supporting events like the dignified transfer is more than just a part of the job for staff members at the NMCP.

“It is part of what we feel is a personal responsibility for us to take care of our fellow veterans,” Horton said. “For our guys to be able to be a part of that, to be able to help get that process going and to do it with the passion and caring that we do, it makes it that much more personal for us, as well.”

Sgt. 1st Class John Maze, DPAA mortuary affairs specialist, served as the team leader for the honor guard detail that rendered honors for the unknown heroes of the USS Oklahoma.

“Everybody knows that it’s a high visibility event and we prepare for it,” Maze said. “It is just an honor to serve in that position and bring our service members home and get them back to their families.”

At the end of the ceremony, the last four caskets were transported to the DPAA and, although

the final unknown service members have been disinterred, the process now shifts to identifying the fallen.

Dr. Debra Zinni, DPAA forensic anthropologist, explained how she and her colleagues work to identify the heroes of the USS Oklahoma.

“The remains associated to the USS Oklahoma will be accessioned in the laboratory here in Hawaii where we will cut for DNA for some of the remains,” Zinni said. “The dental analysis will be conducted here in our laboratory here in Hawaii. The post cranial remains will be sent to our laboratory in Offutt, (Neb.), where additional skeletal testing and DNA testing will also be conducted.”

Zinni said that the whole process wouldn’t be possible without the family members of the fallen.

“The disinterment for the remains associated with the USS Oklahoma would not have been able to be accomplished without the family members’ support,” Zinni said. “The families needed to provide a family reference sample, and their overwhelming support really is what drives that process.”

DPAA estimates that 80 percent of the remains associated with the USS Oklahoma will be identified within five years and, as the next chapter in bringing closure to the families of the fallen begins, DPAA continues to work toward finding and identifying other heroes across the world.

“This mission is important because service members, past, present and future, need to know that if they need to make the ultimate sacrifice, they will not be forgotten,” Zinni said.

“This agency will use all of its resources to investigate, locate and recover their remains and provide those answers to the nation and their family members.

“There is a saying that ‘some gave all and all gave some’ and that was many years ago, and the way that we can honor their sacrifice and their service is to provide those answers to the families and repatriate their remains,” she said.

The task of identifying the ship’s unknowns was a multifaceted process involving several agencies and joint service teams, to include the NMCP, Navy Service Casualty Officers and the Armed Forces DNA Identification Laboratory.

Take a Stand! for safety with tips on traffic, turkey

ARNOLD IAEA
Directorate of Installation Safety
U.S. Army Garrison-Hawaii

The holidays bring good times and good cooking, but all must be extra vigilant when celebrating at holiday gatherings.

Impaired drivers
Many driving safety experts agree that the probability of drunk and impaired driving accidents increases between Thanksgiving and New Year’s Day.

According to the National Highway and Traffic Safety Association, alcohol-related fatalities are about four times more likely at night and approximately three times more likely on weekends.

And, with around 16 percent of nighttime drivers testing positive for either illegal or prescription drugs nationally, motorists should remain especially aware on the road after sunset.

Always designate a sober driver before any event involving alcohol. Take the keys away from friends who are impaired, and never ride with a driver you suspect to be under the influence of either alcohol or drugs. Call a cab for both of you instead.

The facts are there: Don’t let impaired driving rob you of the spirit of the season.

If you or a battle buddy have a substance abuse problem, contact your local Army Substance Abuse Program office.

Delicious, but dangerous
Deep-frying a turkey can be dangerous, especially for first-timers. A lot of things can go wrong with a fryer filled with hot oil.

If you’re looking to try your hand at deep-frying a turkey, here are a few safety and cooking tips from the U.S. Department of Agriculture and www.turkeydeepfryersinfo.com to help make your holiday meal delicious, not disastrous.

- Select a cooking vessel large enough to completely submerge the turkey in oil without it spilling over. The oil should cover the turkey by 1 to 2 inches.



Courtesy Army News Service

Currently, several electric turkey fryers are on the market and provide the same deep-fried deliciousness without the propane and flames. Using these outdoor gas cookers can be safe if users follow safety guidelines.

To determine the amount of oil needed, do a preliminary test using water. Place the turkey in the cooking utensil and add enough water to completely submerge it.



Hawaii Department of Transportation (HDOT) and USAG-HI advisories for detours, construction and noise advisories. Unless indicated, all area codes are 808.

12 / Saturday
Water Outages — There will be Fort Shafter water outages, 7 a.m.-1 p.m., affecting buildings 322, T-320, 348, 351 (Teen Center), 355, 346, 344, 347, 345, S-330, S-333, 334, 335, 339, 347, 343, 342, 341, T-340, 434, 435, 438, 439, 443, 441, 405 and 420.

These same outages are also scheduled for Dec. 19.

14 / Monday
McMahon — There will be a one-lane closure at Schofield’s McMahon Road, weekdays, 8:30 a.m.-5 p.m., until Dec. 28.

Traffic will be stopped for pedestrians to walk around work area.

Water Line Work — There will be a road closure on Schofield’s Carpenter Street, 8:45 a.m.-1:45 p.m., to connect a water line. Cones and flagmen will direct traffic, and work will be stopped for pedestrians to pass.

18 / Friday
Doubles Savings — From today through Dec. 20, drivers fueling up with a “Military Star” card at Exchange gas stations will receive 10 cents off per gallon, instead of the everyday 5 cents off per gallon discount, and after fueling up, shoppers who stop into the Express and make an additional purchase with the card will be treated to a free coffee or fountain drink.

When drivers use their Military Star card at the pump,

they’ll earn points as part of the new rewards program, which launched this fall. Cardholders earn 2 points for every \$1 spent in Army, Air Force, Marine Corps and Navy Exchange stores, and wherever else the card is accepted.

For every 2,000 points earned, shoppers will automatically receive a \$20 rewards card. Visit www.myecp.com.

21 / Monday
Modified Flow — There will be intermittent road closures at Kubo Street, Fort Shafter, near Bldg. 127, for the installation of a new water main line. Construction will be weekdays (excluding holidays), 7 a.m.-5:30 p.m., until Feb.19. Construction will occupy Kubo near the intersection of Richardson Street.

Lyman/Flagler — Road-work begins at the Schofield in-

tersection of Lyman and Flagler in order to widen Lyman Road, add a dedicated left turn lane and add traffic and pedestrian signals to the intersection. Construction will be phased, so road widening will be performed first providing an additional lane.

The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic. Work takes place weekdays, 7 a.m.-4 p.m., until March 13.

Ongoing

Leilehua — Top lift paving and striping continues at Schofield, 8 a.m.-4:30 p.m., until Dec. 17. The contractor will have appropriate safety signs and barriers when the parking lot closes.

Remove the turkey and measure the amount of water. This is the amount of oil needed.

- Choose a safe location outdoors. The turkey fryer needs to be outside on a flat surface. Do not deep-fry a turkey in a garage or covered carport.
- Always keep a fire extinguisher rated for grease fires nearby. Large oven mitts or fireplace gloves must also be worn. Always wear eye protection, although full-face protection would be even better. Do not allow guests, especially children and pets, near the turkey fryer.
- When lowering the turkey into the oil, turn off the flame. Slowly and carefully, lower turkey into the hot oil.

Constantly monitor the temperature of the oil with a thermometer during cooking. Never leave the hot oil unattended and allow about three to five minutes per pound cooking time.

After removing the turkey from the pot, drain the oil from the cavity. Check the temperature of the turkey with a food thermometer. The turkey is safely cooked when the food thermometer reaches a minimum internal temperature of 165 degrees Fahrenheit in the innermost part of the thigh and wing and the thickest part of the breast.

- If the turkey is not done, immediately return it to the hot oil for additional cooking. When the turkey is done, remove it from the oil and place it on a sturdy tray lined with paper towels. The skin can be golden to dark brown to almost black.

(Editor’s note: Iaea is a garrison safety specialist. Tips are excerpts from the U.S. Army Safety Center.)

Crater Rim Loop — There’s a partial road closure at Aliamanu Military Reservation along Crater Rim Loop for new utility pole and underground utility installation that began Wednesday. The west-bound lane will be closed for underground utility work 7 a.m.-3:30 p.m., excluding holidays, until Dec. 31.

Phase III Flow — Traffic is restricted access on Schofield’s Trimble Road until Jan. 15, for the third phase of a project for utility installation and curb/sidewalk upgrade. Traffic control will coordinate traffic.

Full Closure — A full road closure on Schofield’s Waianae Avenue (South Corridor) between Generals Loop and Jecelin Street continues, weekdays, 8 a.m.-3:30 p.m., until Christmas. During this closure, Waianae Avenue (North) be-

tween Generals Loop and Jecelin Street will be designated for two-way traffic.

During nonworking hours, weekends and holidays, a right lane closure will take effect on Waianae Ave (South Corridor) between Generals Loop and Charlton Street, Monday through Thursday, 3:30 p.m.-8 a.m., and weekends, beginning Friday evenings, at 3:30 p.m. and ending Monday morning at 8 a.m.

Waianae Avenue traffic patterns will not be altered during this lane closure. Traffic control will alternate between the full road closure and right lane closure until Dec. 25.

Wilson Road — There are intermittent road closures, 7 a.m. to 5:30 p.m., at Fort Shafter’s Wilson Road, near Bldg. 420, the Post Office and the intersection at Montgomery Drive, until Dec. 20.

3rd BCT leadership campaign emphasizes SHARP

STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Retired Maj. Gen. Robert D. Shadley shared his experience concerning a sexual assault scandal that occurred at Aberdeen Proving Ground, Md., with the 3rd Brigade Combat Team leadership at the Bronco Café, here, Dec. 3.

“It doesn’t get any worse than having leaders doing this to subordinates. This is the worst thing that I have seen in my military career,” Shadley said, in reference to the past case.

He then gave his wife’s reply to his words from a decade ago. “The first thing you have to do is take care of the women who were victimized,” he explained that she had said.

The former chief of Ordnance and commander, Ordnance Center and School, from 1995-1997, stated helping survivors of sexual assault should selflessly take precedence rather than one’s career, as previously thought by so many.

He shared with leadership (company to brigade level) the importance of taking care of those assaulted, first, before other issues, during 3rd BCT’s Sexual Harassment/Assault Response and Prevention holiday campaign event.

The SHARP campaign, Dec. 2-4, included Shadley speaking at a Victim Advocacy Professional Development event for SHARP VAs, company and battalion level discussions, an open question and answer session, and “Day of Courage” participation with junior Soldiers.

A male sexual assault survivor also told his story to junior Sol-

diers in the brigade, followed by a SHARP training session on consent and bystander intervention, to close out the week.

Shadley spoke about the event that influenced his determination to stop sexual assault in the Army. Drill sergeants at the U.S. Army Ordnance Center and School at APG had competed in the GAME, “Game ala Military,” which preyed on trainees and plagued the installation there during the mid-1990s.

“My focus is how we can do a better job of ensuring a safe workplace and Army for all Soldiers,” he explained. “I used my experience for uncovering sexual scandal at Aberdeen Proving Ground in 1995 to 1997, in helping people understand how to deal with a crisis when you’re confronted with one.”

Shadley was invited by the brigade’s sexual assault response coordinator, Sgt. 1st Class Abina Riley, to help bring about a unique perspective on the tough subject of sexual assault.

“I thought it was important to have someone like him come out here to talk to our leaders and SHARP victim advocates based on his experience,” Riley said.

Riley first heard the general speak while attending the SHARP Academy last January and believed his knowledge would be invaluable to the leadership and Soldiers of the brigade.

Shadley was highly passionate in sharing his familiarity about the subject with leaders throughout the brigade and has seen the changes in the service since his retirement.

“The Army, in particular,” he said, “recognizes the importance of eradicating this cancer.”

It was a cancer that he described that can eat away at any mil-



The Take A **Stand!** campaign helps increase awareness and prevention of U.S. Army Hawaii’s four “S” priorities: sexual harassment and assault, substance abuse, safety violations and suicide.

itary organization if not properly acknowledged.

He recognized that SHARP has done a lot for survivors and repeatedly stressed that there is still work to be done.

“The SHARP program is a valuable asset,” he added, “but the primary emphasis needs to be on leadership to ensure that all Soldiers act professionally, and treat their fellow Soldiers with dignity and respect.”



Got an event of interest coming up for Soldiers or civilian employees? Send your announcements to news@hawaiiarmyweekly.com.

15 / Tuesday

Last Day for CFC — The Combined Federal Campaign for the Hawaii-Pacific region ends today. To pledge, see your unit representative or donate online at www.cfc-hawaii.org/.

24 / Thursday

Post Offices — Most Post Offices in Hawaii will be closing their retail lobbies at noon on Christmas Eve, Thursday, Dec. 24. Regular mail delivery will not be affected by these retail operation changes.

Revised hours will be posted at each affected Post Office. The

exceptions to the noon closures on Christmas Eve follow:

- The Aina Haina, Moiliili, MOU 1 and MOU 3 Post Offices will maintain their usual hours of operation on Dec. 24.

- These offices will close a few hours earlier than usual on Dec. 24, at times other than noon: Honolulu Main Post Office, closing at 2 p.m.; Nanakuli, 2 p.m.; Pukalani, 12:30 p.m.; Uptown, 11:30 a.m.; and Waikiki, 1 p.m.

- The Fort Shafter and Tripler Post Offices will be closed all day on Dec. 24. These offices do not provide delivery service.

Post Offices will be closed Dec. 25 and Jan. 1. Only Priority Mail Express will be delivered on Christmas Day and New Year’s Day. All Post Offices will be open and regular mail delivery will resume Dec. 26 and Jan. 2.

31 / Thursday

Closed — The Fort Shafter

Housing Services Office will be closed today.

January

1 / Friday

Tobacco & E-Cigarettes

— As of today, the purchase and possession of tobacco products, including electronic smoking devices, will be illegal to those under the age of 21. The Department of Health Tobacco Prevention and Education Program will be creating temporary signage, informational packets and presentations for dissemination.

Also starting on Jan. 1, 2016, e-cigarettes (and any electronic smoking devices) will be banned wherever smoking is currently prohibited by state law.

20 / Wednesday

SATO Hours

— The north and south travel offices will

change their start time once per month. Fort Shafter’s SATO office hours will be 9 a.m.-4 p.m. every third Wednesday, while Schofield Barracks’ office hours will be 9 a.m.-4 p.m. every fourth Wednesday.

26 / Tuesday

FBTH — The next U.S. Army Garrison-Hawaii Facebook Town Hall meeting is Tuesday, Jan. 26, from 6-7:30 p.m. Log into the “Events” page and ask subject matter experts your questions about programs and services.

Ongoing

Judging — The Hawaii State Department of Education is seeking judges for an upcoming science and engineering fair, Feb. 13, 2016, for students in grades 6-12. This is a great op-

portunity to participate in an event that helps local schools and showcases the Army’s expertise in a variety of different career fields.

Judges must hold a B.A., B.S., M.S., B.Ed. or M.Ed degree and have work experience in the respective category.

Interested? Qualified Soldiers must fill out the registration form and send to sparkcubed@gmail.com.

A DOE staff member will follow-up and provide details.

Voting Registration — Are you registered in your home state? Call the Installation Voting Assistance Officer at 655-5546 to register or visit www.fvap.gov.

Military Lending Act — If you’re an active duty member of the armed forces or are on active Guard or Reserve duty, the Military Lending Act (MLA) says that you can’t be charged an in-

terest rate higher than 36 percent on some types of consumer loans like certain payday loans, auto title loans and tax refund anticipation loans. It also protects your spouse and certain dependents.

Your rights under the MLA include a 36 percent interest cap. You cannot be charged more than a 36 percent Military Annual Percentage Rate, which includes the following costs: interest, fees, credit service charges, credit renewal charges, credit insurance premiums and other fees for credit-related products sold in connection with the loan

Your rights also include written and oral disclosure, no rollover loans, no mandatory waivers of consumer protection laws, no mandatory arbitration and no prepayment penalty.

Contact the Staff Judge Advocate, the garrison financial readiness office or visit www.consumerfinance.gov/.



A group of 4th and 5th graders at Hale Kula Elementary School, Schofield Barracks, happily await the arrival of visiting World War II veterans, Dec. 4, to adorn them with lei, hugs and joy.

World War II veterans visit 4th, 5th graders

Story and photos by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — Fourteen World War II veterans visited classrooms at Hale Kula Elementary School, here, Dec. 4, as part of the Pearl Harbor 74th Anniversary Commemoration “Remember Pearl Harbor,” a program organized and sponsored by the Greatest Generations Foundation.

The 14 veterans arrived at the school after an official visit of the hangars on Wheeler Army Airfield followed by lunch at Schofield’s 2nd Brigade dining facility.

Upon arrival, a group of youngsters greeted the men with hugs after they carefully stepped off their bus, presenting each



A Hale Kula Elementary School student asks visiting World War II Marine veteran, Dr. Earl Bruce Heilman, age 90, for his autograph.



World War II veteran Robert Blum, age 95, tells 4th graders about his life during the war, as Nelson Mitchell, the oldest living African-American World War II survivor, looks on. The men were part of a group of veterans on the island, Dec. 4, for the 74th anniversary commemoration of Pearl Harbor, a program of the Greatest Generations Foundation.

with a traditional Kukui nut lei and a bottle of water.

The veterans were escorted into seven classrooms by the 4th and 5th graders who hosted them and teamed up in twos in front of the classes for the discussions.

The children were well prepared for the visit, raising their hands and asking a number of questions to the veterans, who spent one hour not only providing answers, but also telling stories of their lives and offering life advice.

Nelson Mitchell, a 93-year-old former Navy cook who is the oldest surviving African-American World War II veteran, told the class about the hardships he and his family faced when he was a young boy.

“I grew up on a farm. There were eight of us, and three of my siblings died of tuberculosis,” said Mitchell. “You are very kind and very patient children. Wherever you go, you’ll have better opportunities than we did back then.”

Mitchell added, “I love all of you and want you to be successful in your lives.”

Robert Blum, a 95-year-old veteran who was stationed at Hickam Field during the attack, told the students how he had been in pilot training when a loud blast from a Japanese bomb shattered his eardrums and his dream of becoming a pilot.

“I was awarded a Purple Heart for that,” he explained. “But getting hit is not lucky.”

He later regained his hearing and became an Air Force sergeant.

When asked what his responsibilities were in World War II, Arthur Staymates, a 90-year-old Army veteran who stormed Omaha Beach in D-Day’s first wave on June 6, 1944, told the group, “I was a platoon leader with 45 men under my command. We unfortunately lost half of the platoon on D-Day.”

When asked if he had ever been shot, he replied, “Yes, twice,” then added, “I had been in the war for 11 months.”

As the question and answer session winded down, a number of children asked the veterans for autographs, which they were happy to oblige.

Holiday

SERVICES

The Religious Support Office will hold the following services/events during this holiday season.

Catholic

- Third Sunday of Advent**
Dec. 12, 5 p.m., at Wheeler Chapel
Dec. 13, 10:30 a.m., at Main Post Chapel, Schofield Barracks
- Fourth Sunday of Advent**
Dec. 19, 5 p.m., at Wheeler Chapel
Dec. 20, 10:30 a.m., at MPC
- Dec. 24, 4 p.m., Christmas Family Mass at MPC, AMR Chapels**
- Dec. 24, 10 p.m., Christmas Eve Mass at Wheeler Chapel**
- Dec. 25, 10:30 a.m., Christmas Day Mass at MPC**
- Dec. 26/27, Feast of the Holy Family of Jesus, Mary and Joseph
- Dec. 31, 5 p.m., Vigil Mass for Mary, Mother of God at AMR Chapel
- Jan. 1, 2016, 11:45 a.m., Mary Mother of God at Soldiers Chapel

Protestant

- Jan. 2/3, Epiphany of the Lord**
Jan. 9, 5 p.m., at Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC
- Baptism of the Lord**
Jan. 9, 5 p.m., Wheeler Chapel
Jan. 10, 10:30 a.m., at MPC
- Dec. 24, 5 p.m., Christmas Eve Service at Fort DeRussy Chapel**
- Dec. 24, 6:30 p.m., Joint Contemporary Christmas Eve Service at MPC**
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service at AMR Chapel**
- Dec. 24, 7 p.m., Christmas Eve Service (Traditional) at Wheeler Chapel**
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day at MPC**
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day at Wheeler Chapel**



Briefs

12 / Saturday

AMR Winter Wonderland — Begin the day with breakfast with Santa, 8 a.m., with reservations required at Army Leisure Travel Services locations.

Celebrate the holiday season with crafts, face painting and performances by SKIES performers, 9 a.m.-2 p.m.

Breakfast ticket prices are adults, \$18; kids, 5-11, \$9; and children under 5 free. Call 655-0002.

13 / Sunday

Holiday Buffet — Enjoy a culturally diverse spread of dishes, such as green papaya salad, Portuguese oxtail stew, lechon and more, from 10 a.m.-2 p.m., Dec. 13, at the SB Nehelani. Cost is \$39.95 and \$19.95 (keiki 5-12). Kids 4 and under are free. Reservations are recommended, but not required. Call 655-0660.

14 / Monday

Mongolian Barbecue — “Create Your Own Stir Fry” begins at 5 p.m. on Mondays at the SB Nehelani.

Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices.

Children’s menu is available. Cost is 65 cents for each ounce. Call 655-4466.

16 / Wednesday

Holiday Wonderland — SB ACS is having its Holiday Wonderland at Bldg. 2091.

Enjoy story time, photos with Santa, crafts, treats and more. All ages are welcome from 1:30-3:30 p.m., Dec. 16.

17 / Thursday

Single Soldiers — Just because you’re single doesn’t mean you have to be solo! Join FMWR at 6 p.m., Dec. 17, at the SB Nehelani for the annual Single Soldiers Holiday Dinner.

This event is free for single Soldiers and geographic bachelors/bachelorettes.

Poker, games, prizes and a live DJ and cash bar will be offered. Reservations are not required.

18 / Friday

FS School Age Center — The

Operation supports local keiki

STAFF SGT. MATTHEW G. RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — This holiday season, the 25th Infantry Division started a program called “Operation Holiday Hearts.”

Christmas trees were placed around brigade and battalion areas with cards containing a boy or girl’s needs for Christmas.

“The idea was adopted from “The Angel Tree Program,” where people can pick angels off a tree and give gifts to children whose parent have been incarcerated,” said Lt. Col. Chul Kim, the division chaplain for the 25th ID. “We designed cards to be hung from Christmas trees where people could volunteer to pick one or more cards.”

The cards had the basic information for one child, such as age, gender and first name. The cards also included something the child needed and something he or she wanted.

“I was approached by many Soldiers before this who had the desire to help other families and Soldiers, but we didn’t have a program designed, yet, so we developed the Operation Holiday Hearts,” Kim said.

The program started with reaching out to the brigades and battalions with the primary goal of finding families of junior enlisted Soldiers who might have had unforeseen issues, or families who where having a hard time living day-to-day and unable to provide gifts to their children for Christmas.

“We began with uncertainty of how many people who would actually step up and volunteer to get gifts for children, so we set limits to ensure everyone who was in the program would receive a gift,” Kim said. “Even with the limits, we had almost 500 children that were placed into the program and matched with

grand opening is at 3 p.m., Dec. 18. This state-of-the-art facility offers themed classrooms, highly qualified and educated staff, performing arts, a technology lab, activity field and much more. Location is Rice Street, Bldg. 890.

ACS Open House — SB main facility opens its doors with food, cake and holiday decorations, 1:30-3:30 p.m.

Masquerade Ball — Teen grades 7th-12th, come and join the AMR Youth Center for the Winter Wonderland Masquerade Ball, at 7 p.m., Dec. 18th. A live teen DJ and refreshments will be offered.



Photos by Staff Sgt. Matthew Ryan, 25th Infantry Division Public Affairs

Soldiers and spouses gather at the Division Chaplain’s Office to volunteer their time and services to wrap gifts that were donated for local keiki.

someone who volunteered to give them a gift.”

“I know that there are a lot of children that don’t always have a good Christmas, and I wanted to help. I know how stressful holiday seasons can be,” said Spc. Devin Blume, a health care specialist, 225th Brigade Support Battalion, 2nd Brigade Combat Team.

“Not being married or having children, it was an experience going out and shopping for the little boy that I picked. At the end of the day, I felt like I had done something good for someone else,” Blume said. “I hope that they do it again next year, so my friend and I have the chance to volunteer again.”

Everything for Operation Holiday Hearts hinged on volunteers and donations from the 25th ID community. From the making of the cards, to the organizing of gifts and finally wrapping every gift with donated supplies, volunteers gathered to help.

More than 40 spouses and Soldiers dedicated their time and services from making the cards through to wrapping the gifts.

23 / Wednesday

Gingerbread House — Are you enrolled in the Exceptional Family Member Program?

Join EFMP for this event from 10 a.m.-12 noon, Dec. 23, at SB ACS.

Bring one bag of candy to share for gingerbread house decorations. Reservations are required at www.himwr.com/acs; click on “class calendar.” Call 655-4227.

Ongoing

2016 Pro Bowl Tickets — Tickets are on sale at the SB Leisure and Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320,



“I wanted to come and support the Operation Holiday Hearts once I heard about it. I enjoyed giving back, and because of the outpouring of donations and support, a lot of children will have a good Christmas,” said Shelly Cabrera, spouse of Cmd. Sgt. Maj. Jim Cabrera, senior enlisted adviser, Division Artillery. “It just warms my heart to see so many people give and volunteer their time for support during this season.”

Flagview Mall, for the Jan. 31, 2016, all-star game at Aloha Stadium.

No limit on sales. Ticket purchaser must have a military ID and be 18 years of age or older. Call 655-9971.

Mini Baseball Registration — Register keiki born 2011-2013 for the Jan. 21-March 10, 2016, season through Jan. 6, 2016.

Cost is \$20; includes parents and youth receiving a T-shirt. For registration call 655-5314 (SB/HMR/WAAF) or 833-5393 (AMR/FS/Camp Smith).

Auto Repairs — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Call 888-2931 or 769-7454.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Polynesian Cultural Center — For the first time ever, the center is celebrating the “12 Days of Christmas” through Dec. 23. Keiki and parents can enjoy oodles of fun, including train and canoe rides (free with Pepsi products beginning at 6:30 p.m.), photos with Santa, a winter wonderland on Dec. 19th, and more.

For more details, visit www.HukilauMarketplace.com/events or call (808) 293-3333.

Remember, FMWR’s Leisure Travel Services offers discounts; call 655-9971 (SB) or 438-1985 (FS).

Food Pantry — Garrison chaplains have partnered with 25th Infantry Division chaplains to provide a food pantry for deserving Soldiers and families.

Contact your unit chaplain or Religious Affairs specialist for access. Call 655-0149 for more details.

TRICARE — Visit www.tricare.mil/podcast to hear podcasts about reimbursement rates, donating blood, pharmacy home de-

livery and more.

12 / Saturday

Kolekole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m., Dec. 12-13.

Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

Honolulu City Lights Trolley Tours — Ward Village offers tours from the Auahi Street bus stop.

Arrive 10 minutes prior to departure, through Dec. 30. A portion of the proceeds goes to the Hawaii Food Bank. Tickets available online at holidaylightstour.com. Call 591-8411.

15 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel.

This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

17 / Thursday

SB Exchange Pet Night — Visit the SB Exchange, Dec. 17, 10 a.m.-7 p.m., and make lifetime memories with photo opportunities with Santa. Have your pets on a leash at all times, please.

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

•Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aaefes.com under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.





Xavier Garrido (rear) won second place for his video in the 2015 Fight the Enemy 3.0 competition.

Teen’s video gets award

Story and photo by
SCHOOL LIAISON OFFICE
Child, Youth and School Services

SCHOFIELD BARRACKS — When the winners of the 2015 Fight the Enemy 3.0 contest were announced, Hawaii was well represented when Xavier Garrido of the Schofield Barracks Youth Center won second place for his video “The Times Have Changed, but the Dangers Have Not.”

The compelling 29-second video was a submission in the tobacco counter-marketing video contest that aimed to change attitudes about tobacco by framing its use as the “enemy” that hurts all areas of a teen’s life, to include health, fitness, finance and relationships with friends and family.

The theme of this year’s competition was “E-Cigarettes: Can You See Through the Smoke?” The intent of this theme was to instill in teens that they needed to think skeptically about claims that say e-cigarettes are a “safe” form of tobacco.

In order to be eligible for the contest, students were between the ages of 13-18 and a dependent of a Department of Defense, U.S. Coast Guard or National Guard civilian or service member. For those who preferred to participate as a team, there could be no more than four members and at least one individual in the team had to be a dependent of a DOD, USCG or NG civilian or service member.

Leilehua pride

Garrido is a junior at Leilehua High School and has been enrolled there since he arrived in Hawaii as a 9th grader. His hobbies include playing video games, hiking and playing the trumpet. He also enjoys producing music digitally on the computer.

As a winner of the second place prize, he received \$750 in scholarships that he will utilize when his

goals of one day attending West Texas A&M University in Canyon, Texas, to study to become a high school math teacher come true.

When not walking the halls of Leilehua, Garrido can be found attending Child, Youth and School Services, where he created his video along with two staff members, Joey Greathouse and Eric Robinson.

“Here at the Schofield Barracks Youth Center, the support and direct care staff work extremely hard to see that our youth succeed,” said Greathouse. “So when Xavier was announced as a contest winner, Mr. Robinson and I were extremely happy to see the hard work ... had paid off, especially since the judges were the U.S. Surgeon General and the Surgeon Generals of the branches of the military.”

Garrido has been attending the Youth Center for three years now. He is not only enrolled in a CYS Services program, but also the son of Virginia Garrido, the facility director at the Schofield Barracks Child Development Center, and Staff Sgt. Peter Garrido of the 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command.

Taking a stand

Winning is not new to Garrido in that he recently won second place in the Youth Take a Stand! Poster Contest, which ran from July through September 2015, with the winners announced at the “Day for Kids” event that CYS Services hosted on Sept. 19th at the Schofield School Age Center.

The last few months have been very exciting and rewarding for Garrido. He often says, “You yourself are not the best at what you do, and the only way to improve at something is to seek critique.”

The best of luck goes out to Garrido as he works to improve himself day in and day out as he lives the unique lifestyle of a military teen.

Fire safety’s critical

FIRE INSPECTOR ANGELA SANDERS
Federal Fire Department

HONOLULU — Don’t let Christmas ever heat up too much ... with fire that is.

Did you know that Christmas trees alone result in 13 million dollars annually in property damage?

More importantly, these fires present a real risk to family and friends.

National guidelines

The National Fire Protection Association’s Fire Code NFPA 1 permits fresh/artificial trees in the following occupancy types with an automatic sprinkler system: business, day care, industrial, mercantile, one and two family dwellings, and storage areas.

Trees of any type are prohibited in the following occupancy types: assembly, board and care, detention and correctional, dormitories, educational and hotels.

Health care facilities are allowed only artificial trees with a UL listed certification.

“When showcasing a live tree in your business or home, the combination of tree dryness, electrical malfunction with lights, and poorly located heating sources can make for a deadly combination” said Prevention Chief Jeffrey Fernaays.

Follow these simple tips to ensure a happy and fire-safe holiday season.

- Picking the tree**
- If you have an artificial tree, be sure it is labeled, certified or identified by the manufacturer as fire retardant.
 - Choose a tree with fresh, vibrant green needles that do not fall off when touched.
- Placing the tree**
- Before placing the tree in the stand, cut 1-2 inches from the base of the trunk.
 - Make sure the tree is at least 3 feet away from any heat source, such as fireplaces, radiators, candles, heat vents or lights.
 - Make sure the tree is not blocking an exit.
 - Add water to the tree stand. Be sure to add water daily. If a fire inspector sees a tree with a large quan-

tity of falling needles and no water, the occupant will be advised to remove the tree immediately.

Lighting the tree

- Use lights that have the label of an independent testing laboratory, such as UL or FM approved.
- Use clips, not nails, to hang lights, so cords are not damaged.
- Some lights are designed only for indoor or outdoor use. Any lights used outdoors must be labeled suitable for exterior placement and must be plugged into a ground-fault circuit interrupter-protected receptacle.
- Replace any string of lights with worn or broken cords or loose bulb connections.
- Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in type lights.
- Do not attach any holiday decorations to fire sprinkler heads or the piping that supports the sprinkler system.
- Candles are prohibited in government buildings.
- At home, keep all candles away from Christmas trees, furniture and decorations. Never use lit candles to decorate a tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

Post holiday disposal


After the holiday season is over, prompt removal and proper disposal of a live tree should be the priority of all. The longer a tree is in a facility, the higher the fire risk becomes.

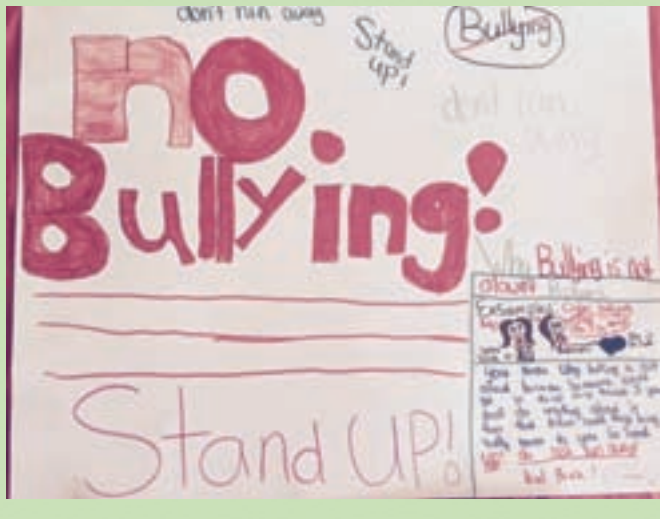
Dried-out trees should not be left in the home or garage, or placed outside against the home. Most trees have a two-week life span once placed in a tree stand.



Make sure your Christmas tree is not a fire hazard this holiday season.

POSTER CONTEST





This poster was created by 5th grader, Trinity Salas.

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Adolescent Support and Counseling Service
(808) 655-9944

Keeping calm is a power to learn

The stump outside my house was the perfect place for chopping up earthworms. At least 2 feet in diameter, there was enough room across its ringed surface for me to sit and slice at the same time.

Despite what one might think, I was and am a nonviolent person. But as a child, I believed that worm pieces regenerated. By cutting worms in half, I thought I was multiplying their population, thereby taking part in important zoological conservation work. I had no idea I was actually committing mass murder.

My parents often scolded me when they found the holes I’d dug in our lawn to collect specimens. I may have even gotten a spanking. It was the 1970s after all.

So, one day when my father came home from work and found me chopping a new batch of worms on the stump, he wanted to know where I’d dug up our lawn this time. Proudly, I told him that our grass was unharmed because I’d found my worms in the old lady’s yard up the street.

He went inside the house, changed into his plaid polyester lounge pants and a belted sweater vest, then came back to the stump.

With a lit pipe protruding from his bushy mustache, my father considered his options.

Normally, he was loud and a little scary, but this time, he calmly announced, “Lisa, you’re not supposed to dig holes in people’s lawns without asking. We will go to the old lady’s house, and you will tell her what you did.”

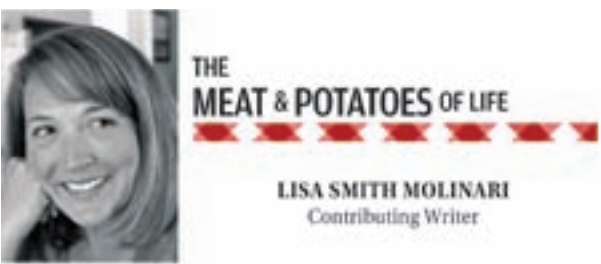
My memory of our walk up the street is patchy. I recall feeling a nervous burning in the pit of my stomach, and tunnel vision that made the old lady’s house seem a million miles away. Her porch stairs multiplied as I ascended them. My father waited on the sidewalk.

I don’t even remember seeing the old lady that opened the door. But I will never forget the bone-crushing humiliation I felt while confessing my crime to her.

I went on to make plenty of other bad choices in my youth, but I never dug up worms in anyone’s yard again. The punishment I received was simple, quiet and highly effective.

In fact, looking back at mistakes I’ve made in my 49 years, the most vivid memories are of the quiet times when I was left to consider the gravity of my transgressions.

When harshly accused, I recall the punishment, but can never quite remember what I’d done wrong in the first place. The heated emotions of intense moments seemed to drown out the underlying significance, leaving me feeling only sorry for myself.



One of the best lessons I learned as an adult happened when I was a new attorney. My client was one of a dozen defendants in a complicated products liability case. At the deposition of my client (my first deposition ever), I stood up and asked the roomful of older male attorneys if I could question my client first, rather than waiting until the other lawyers asked their questions, as was customary. I was confident that the facts would clear my client of liability, and I wanted to save everyone a lot of time. They all agreed.

The next day, my boss called me into his office. I had nothing but respect for this seasoned litigator whom I had come to know as my mentor. I sat across the desk from him with my legal pad and pen, jotting down a list of new tasks as he spoke.

“Oh, and one last item, Lisa,” he said, calmly, “about yesterday. You know, when the other side wants information, they need to work for it. Don’t make their job easier.”

In that quiet moment, the clutter of my mind parted like the Red Sea, and I could clearly see my error: I had broken a cardinal rule of litigation procedure and felt an acute sense of shame. How could I be so stupid?

Much like the worm massacres of my youth, I certainly wouldn’t make that mistake again while practicing law. The lesson was cemented in my mind permanently, never to be forgotten.

In today’s world of angry rhetoric, violent attacks and knee-jerk reactions, sometimes it’s the quiet voices that are best heard.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.the-meatandpotatoesoflife.com.)



Facility serves beneficiaries w/state-of-art-technology

Brace Shop earns reputation for quality, skills

Story and photos by
EMILY YEh
Tripler Army Medical Center
Public Affairs

HONOLULU — Tripler Army Medical Center’s Orthotic and Prosthetic Facility, often referred to as the “Brace Shop,” provides Soldiers and beneficiaries custom-made orthotic and prosthetic devices.

The OPF, part of Tripler’s Orthopedic Department, treats patients through its out-patient clinic and fabricates devices in the machine shop that are located in the same space.

Tripler’s OPF serves beneficiaries throughout the Pacific region and provides quality care using advanced technology to ensure patients are provided with the most sophisticated prosthetics.

“Works of art”

OPF uses state-of-the-art equipment to fabricate and fit prosthetic devices for all parts of the human body. However,

the creation of these “works of art” still requires the skills and knowledge of an orthotist.

Elton Bacon, orthotist, TAMC OPF, has been helping patients since the early 1970s. He began his career as a Soldier and is now TAMC’s resident artist.

“I have seen the changes and advancements over the years as the field has transitioned from molding silastic and leather devices to vacuum-forming thermoset and thermo-formable materials,” stated Bacon. “Other cutting-edge materials typically used to form prosthetics include graphite, kevlar, thermoplastic resins and even stainless steel.”

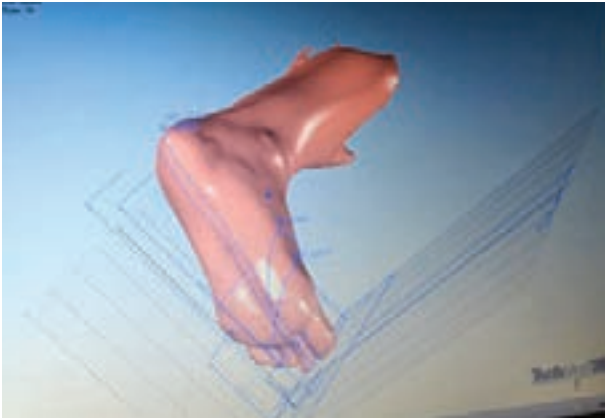
Bacon now uses computer aided design-computer aided milling (CAD-CAM) technology along with advancements in software to create his works of art. The days of using plaster and molding are in the past.

Moving forward

“These advancements in technology enhance patient satisfaction and can greatly improve the quality of life for a Soldier, or a Soldier-athlete



Above — Once a 3-D computer model of a prosthetic is made, it is carved using the computer-aided carver.



Left — A computer-generated 3-D model of a lower prosthetic is crafted using state-of-the-art technology. This method allows orthotists to adjust live scans to provide a better fit for patients.

who often requires special custom molded arch supports, or an adolescent who

requires a spinal brace for scoliosis, or a retiree who needs a foot prostheses or post-amputation leg,” stated Dr. Craig Bottoni, chief, TAMC Orthopedic Department.

Advancements in technology have also allowed masters of their craft, people like Bacon, a way to produce a cleaner and more accurate prosthetic in a shorter amount of time. The patients not only benefit from a better fit, but with a lighter product.

Using three-dimensional technology, orthotists can modify and adjust live scans of various body sections of patients. The scans are then sent to the CAD-CAM machine to create the cast of a custom fit prosthetic for the patient.

Patient privacy is also preserved. The information used to produce an individual’s cast is stored in a computer, with encrypted files, which eliminates the need to store a physical model for future use.

Tripler is continually working to broaden its services, looking for new ways to make prosthetics even more efficient and dynamic to ensure all beneficiaries get the best care possible.



The “Get Smart: Know When Antibiotics Work” program is designed to make sure antibiotics are prescribed only when needed and used properly.

TAMC TIP Antibiotics

Did you know, the use of antibiotics is the single most important factor leading to antibiotic resistance around the world?

Antibiotics are among the most commonly prescribed drugs used in human medicine; however, up to 50 percent of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed, according to the Centers for Disease Control.

According to the CDC, there are over 2 million illnesses and about 23,000 deaths caused by antibiotic resistance annually.

Antibiotic resistance is a growing problem, and the main cause of this problem is



misuse of antibiotics.

CDC’s “Get Smart: Know When Antibiotics Work” program is designed to make sure antibiotics are prescribed only when they are needed and used as they should.

The “Get Smart” program focuses on common illnesses that account for most of the antibiotic prescriptions written for children and adults in doctors’ offices and other out-patient settings.

To learn more about antibiotic resistance and the CDC’s “Get Smart” program, visit www.cdc.gov/getsmart/community/index.html.



Handwashing’s do-it-yourself vaccine

TRICARE
News Release

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

The Centers for Disease Control (CDC) recommends washing your hands in a specific way to be most effective.

First, wet your hands with clean, running water (warm or cold), turn the tap off and apply soap.

Washing your hands in standing water could recontaminate them.

Be sure to use soap because water alone will not remove dirt and microbes from the skin, and, according to the CDC, people tend to scrub their hands more thoroughly when they use soap.

When you lather your hands, be sure to wash the back of your hands, between your fingers and under your fingernails.

Next, you want to scrub your hands for at least 20 seconds. A good way to time yourself is to sing a verse or two of your favorite song. You can also sing the “Happy Birthday” song from beginning to end twice.



All personnel should have the habit of washing their hands thoroughly for cleanliness. This habit should be passed along to children, too.